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AMERICA, EH?

Vancouver mistakenly makes cameo in Republican candidate campaign

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YOUTUBE.COM

B.C. drops home tax to stimulate building

PROVINCIAL BUDGET

NDP, experts pan measures as inadequate

B.C. introduced tax changes in its provincial budget Tuesday to help buyers and builders of new homes valued up to $750,000, while targeting people able to afford properties priced above $2 million.

Housing policy experts and the NDP panned the tax measures as inadequate, saying bolder action was needed to help young people enter the hot housing market.

Finance Minister Mike de Jong said the government considers housing affordability an area of major concern.

"Is there anything more reflective of who we are as Canadians than the dream of owning a home, and the ability to make that dream a reality?" de Jong said. "For many B.C. families, that reality has become harder to achieve in recent years as home prices have continued to rise."

He said the province's fourth consecutive balanced budget, which has a surplus of $264 million, contains a new housing initiative that exempts payment of property transfer taxes on newly built homes, including condominiums, priced up to $750,000.

New Democrat Leader John Horgan called the changes cosmetic.

"They were not what people were looking for," he said. "They were looking for substantive change to help people get into the market."

> **"It looks more and more like our province is drunk on high housing prices.**
> Paul Kershaw

University of B.C. housing policy expert Paul Kershaw said the budget has done little to help British Columbians enter the market, especially young people in Metro Vancouver where he estimated it takes 23 years to save for a down payment on a home.

"As a result, he's actually missed the reality that unaffordability is a provincewide problem and it looks more and more like our province is drunk on high housing prices."

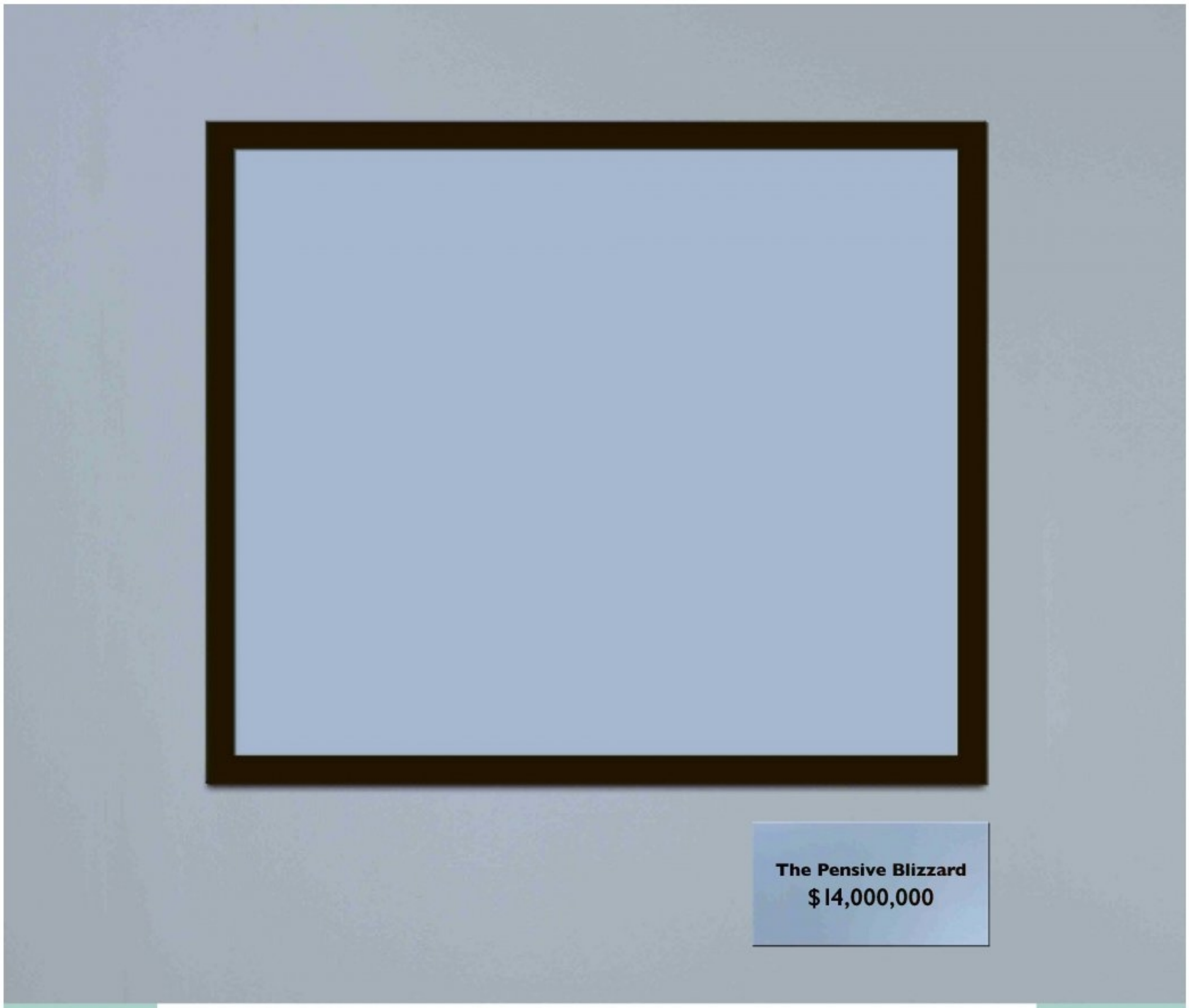
De Jong said buyers will also be required to disclose their citizenship so the government can collect data on who is purchasing property.

Vancouver Mayor Gregor Robertson said the initial steps to collect more data on the real estate market are useful, but there was little to address real estate speculation or reduce vacant homes.

"That's a real missed opportunity to create a more level playing field in the housing market," said Robertson in a statement.

"A new luxury sales tax category is good, but any revenue generated should be going towards helping low to modest income households. In Metro Vancouver, there are close to 10,000 households on the waiting list for social housing."

THE CANADIAN PRESS



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Syrian refugee girls dream big in new photography campaign. **World**

UBC prof finds Gardasil study pulled from scientific journal

MEDICINE

Research links HPV vaccine to behavioural change in mice

Thandi Fletcher
Metro | Vancouver

A University of British Columbia professor who co-authored a study linking the HPV vaccine to behavioural issues is defending the research, despite the paper's removal from a scientific journal.

Christopher Shaw, a professor in the department of ophthalmology and visual sciences at UBC, said he doesn't know why the journal Vaccine removed the study, which suggested the vaccine Gardasil could trigger behavioural changes in mice.

"It was peer-reviewed, it was accepted with revisions, and it was posted to the website, so all of a sudden we're not quite sure why they have decided to go back and look at it again," Shaw told Metro. "It's the editor's prerogative to do that but we haven't heard any reasons for it."

The study appeared online in Vaccine on Jan. 9. But on Tuesday, a month after it was published, the article's abstract was replaced with a message that the publisher has temporarily removed the article. The note doesn't explain why, but states that a replacement message will appear soon, either giving a reason or reinstating the article.

A nurse holds a vial and box for Gardasil. A study linking the vaccine with behavioural changes in mice was pulled from the journal Vaccine. CHARLES BUCHANAN/THE ASSOCIATED PRESS FILE

A request for comment from Vaccine editor-in-chief Dr. Gregory Poland was not immediately returned Tuesday. However, the blog Retraction Watch reported that Poland pulled the paper with a recommendation that it be reviewed further.

But Shaw said he doesn't understand why there would be a need for further review. The study has already gone through an extensive peer-review process.

Shaw said he had a minimal role in the study, which was carried out mostly by scientists at Tel Aviv University in Israel. After reviewing the study, Shaw said the science appeared to be solid.

"I wouldn't have let my name be on it if I didn't think it was," he said.

Christopher Shaw CONTRIBUTED

Lucija Tomljenovic, a postdoctoral research fellow in Shaw's lab at UBC, also contributed to the research.

This isn't the first time Shaw and Tomljenovic, who frequently collaborate on studies, have found themselves in hot water for their work.

The UBC researchers co-authored a 2011 study suggesting vaccines containing aluminum could induce conditions such as autism. The World Health Organization discredited the study, describing the research as "seriously flawed."

Speaking about the study, Shaw said the WHO is "entitled to its opinion" but defended the research, adding that the paper was heavily reviewed and held up to scrutiny.

Tomljenovic declined an interview request but, in an email, speculated that the study might have been removed as a result of lobbying by pharmaceutical companies. She said the journal notes on its website that articles might be removed if its recommendations could pose a "serious health risk."

"The reason for 'temporarily' removing our paper may be this: if it was to be wildly circulated it would deprive the world of these allegedly 'life saving' cervical cancer vaccines, and as a result 'million of women' would surely die," she wrote. "That could not be further from the truth, but that is what pharma would have us believe."

> **I wouldn't have let my name be on it if I didn't think it was (solid science).**
> Christopher Shaw

Shaw said he is eagerly awaiting a response from the journal Vaccine about why the study was pulled.

"It's odd, to say the very least," he said. "Until we know what the journal found objectionable and why they took this step, there's really nothing to say because we don't know."

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Man in custody after 6-hour bank standoff

SURREY

Police find robbery suspect hiding on second floor

A six-hour standoff outside a Surrey bank shut down a bustling commercial district before tactical officers entered the building and discovered a man hiding on the second floor, police say.

The robbery suspect had been holed up in the TD Canada Trust branch located just one block from the district's community police office, said RCMP Cpl. Scotty Schumann.

"Officers were on scene within a minute," he told reporters and a crowd of citizens gathered outside the office Tuesday.

"Throughout the day we made several attempts to communicate with anybody who may be inside. After receiving no response after hours of trying, eventually our tactical teams ... entered. They did find one adult male hiding in the top floor of the bank."

The man who was not identified was taken into custody and transported to a cell at the RCMP detachment. Mounties were considering recommending an attempted robbery charge but were still reviewing evidence to determine what would be appropriate, Schumann said.

Staff and customers at the bank were already outside by the time officers responded to multiple calls about an attempted robbery at about 8:30 a.m. Tuesday.

There were never any suggestions of a hostage-taking, Schumann said.

When officers brought out the man, who appeared to be in his 20s or 30s and was wearing a blue plaid shirt, onlookers standing behind police tape at a nearby intersection applauded.

Surrey RCMP tactical officers arrest a man after a standoff following a reported bank robbery at TD Bank in Surrey on Tuesday.
BEN NELMS/THE CANADIAN PRESS

> I was hoping it would end peacefully, but I'm sad to see it's a young man — another youth.
> Patricia Merritt, resident

"I was hoping it would end peacefully, but I'm sad to see it's a young man — another youth," local resident Patricia Merritt said.

Merritt said she had lived in the Newton area of Surrey for 20 years and had seen crime rise in the troubled community.

"We were talking about the good old days, when we used to walk from one end of Newton to the other without worries. And now to see our little Newton become unsafe, it's pretty sad."

Rhonda Kerr said just before noon she heard police make announcements over a megaphone, saying, "The place is surrounded; come out with your hands up or we will come in."

Her daughter Tiarra Kerr said that about 10 minutes later an officer made a second announcement: "Somebody is calling the bank now. Please pick up the phone so we can establish communication so we can see what you need."

Kerr said she was happy the standoff ended peacefully and not in gunfire.

After the man was found, police said they were continuing to scour a wide radius around the bank and inside the building to ensure the premises were safe.

Officers didn't immediately locate a weapon after initially receiving reports suggesting the suspect had been armed.

An explosive-disposal unit was on scene with a remote-controlled robot equipped with cameras that allow officers to remotely look inside the bank without putting themselves in danger, Schumann said.

"The threat of a bomb never existed," he said.

Schumann addressed concerns from members of the public who complained police didn't take action quickly enough.

"These types of files are very complex," he said. "In this particular incident, we had no reason to rush into the bank."

THE CANADIAN PRESS

SHOOTING INQUEST

'He was never given that chance'

The daughter of a man fatally shot by police outside a British Columbia casino says she likely could have prevented her father's death had she been called in to help officers talk him down.

Nousha Bayrami told a coroner's inquest on Tuesday her father, Mehrdad Bayrami, 48, had been on medication for severe depression prior to the armed standoff that led to his death in November 2012.

"You need to give people a reason to live and to want to make change, and he was never given that chance," Bayrami said, adding she believed her father also suffered from undiagnosed borderline personality disorder.

"Had I been involved there's no way he could have continued on the line that he did," she said.

Bayrami's father was shot and killed by police following an hours-long standoff outside New Westminster's Starlight Casino.

Officers had responded to reports from casino employees about a man seen through live-security footage threatening a woman with a handgun.

A coroner's inquest was tasked with considering whether to make recommendations aimed at preventing similar events from occurring, though it cannot assign blame.

Bayrami told jurors she felt abandoned and manipulated by police while the incident was unfolding and that she would have appreciated support while trying to locate her father and learn what had happened to him.

The day culminated with her having to sneak into the Royal Columbian Hospital's intensive-care unit and identifying her father by his feet, which were poking out from underneath a hospital blanket, she said.

THE CANADIAN PRESS

TRANSPORTATION

TransLink 'close' to full fare-gate closures

Matt Kieltyka
Metro | Vancouver

TransLink says it is close to closing fare gates at all transit stations as the transition to the electronic Compass card system enters its final stretch.

Gates were closed during both morning and afternoon rush hours at Stadium-Chinatown SkyTrain Station on Tuesday, part of a series of rolling test runs in recent weeks.

Staff were on hand to help paying customers — some still using the old, paper FareSavers — get through the gates, and Transit Police were also there to ticket fare evaders caught unaware by the closures.

The station is the busiest that TransLink has tested full closures at so far.

More than 600,000 people are now carrying Compass cards and TransLink spokesperson Jennifer Morland said full gate closures aren't far off.

"We're getting close to that date," she said. "I don't have any specifics right now around when we're going to do that. We want to make sure we give people a little bit more time. We'll make sure that our customers will have plenty of notice before the gates are fully closed."

Currently, most stations have a single gate open, which allows people to get through the fare gated without tapping in and out of the system.

Morland said TransLink will continue rolling test closures at more and more stations until a decision is made to permanently close the gates.

Anyone still using FareSavers can transfer their value onto a Compass card at the customer service office at Stadium-Chinatown station.

> **We'll make sure that our customers will have plenty of notice before the gates are fully closed.**
> Jennifer Morland

All fare gates at Stadium-Chinatown SkyTrain Station were closed during the day Tuesday, as TransLink continued the transition to its Compass card system. MATT KIELTYKA/METRO

U.S. campaign ad features Vancouver by mistake

PRESIDENTIAL RACE

A Canadian flag can be seen in the background

Thandi Fletcher
Metro | Vancouver

Vancouver has found itself unwittingly thrust into the U.S. presidential race after a new campaign ad for Republican candidate Marco Rubio mistakenly featured footage of the Canadian city's downtown skyline.

The ad, which was released over the weekend, opens with scenic sunrise shot of a tugboat with a city in the background as a narrator says "it's morning again in America" — a reference to Ronald Reagan's 1984 campaign slogan that used the same line.

Republican presidential candidate, **Sen. Marco Rubio, R-Fla.** arrives for a campaign stop, Tuesday in Summerville, S.C. MATT ROURKE/THE ASSOCIATED PRESS

The only problem? The city in the background isn't in America.

It's unmistakably Vancouver's iconic downtown skyline, seen across the Burrard Inlet.

The city's Harbour Centre is clearly visible in the shot, as are the cranes at Port Metro Vancouver. A small Canadian flag can even be seen flying on the back of the tugboat.

Rubio's campaign manager reportedly told Buzzfeed, which first reported on the footage, that the use of the clip was a mistake.

It appears the footage originated from Shutterstock and was shot by Vancouver-based videographer Guy Chevasse.

Another video from Chevasse that appears to be shot on the same day shows another unmistakable Vancouver landmark — the five white sails atop Canada Place.

This isn't the first time Vancouver has been mistakenly identified as another city.

In December 2013, a real estate brochure for condo buildings in the Chinese coastal city of Weihai tried to pass itself off as Vancouver using a photo of False Creek looking toward Burrard Bridge.

ANIMALS

SPCA seizes 72 dogs and cats from Surrey breeder

The B.C. SPCA says it seized 72 dogs and cats from a Surrey breeder on Tuesday.

Marcie Moriarty, chief prevention and enforcement officer for the B.C. SPCA, said 56 cats, 14 dogs and two puppies were removed from a breeding and boarding facility in Surrey.

As the seizure warrant was still in the process of being executed Tuesday, Moriarty could not provide further details on the breeder or the condition of the animals. "At this stage, all I can say is the animals would have met the definition of distress under the Prevention of Cruelty to Animals Act," she said.

A veterinarian will examine the animals overnight Tuesday. The seizure, which Moriarty described as the organization's largest yet, comes only a week after the B.C. SPCA rescued 66 sick and neglected dogs from a Langley puppy mill. Moriarty said the two seizures are not connected.

THANDI FLETCHER/METRO

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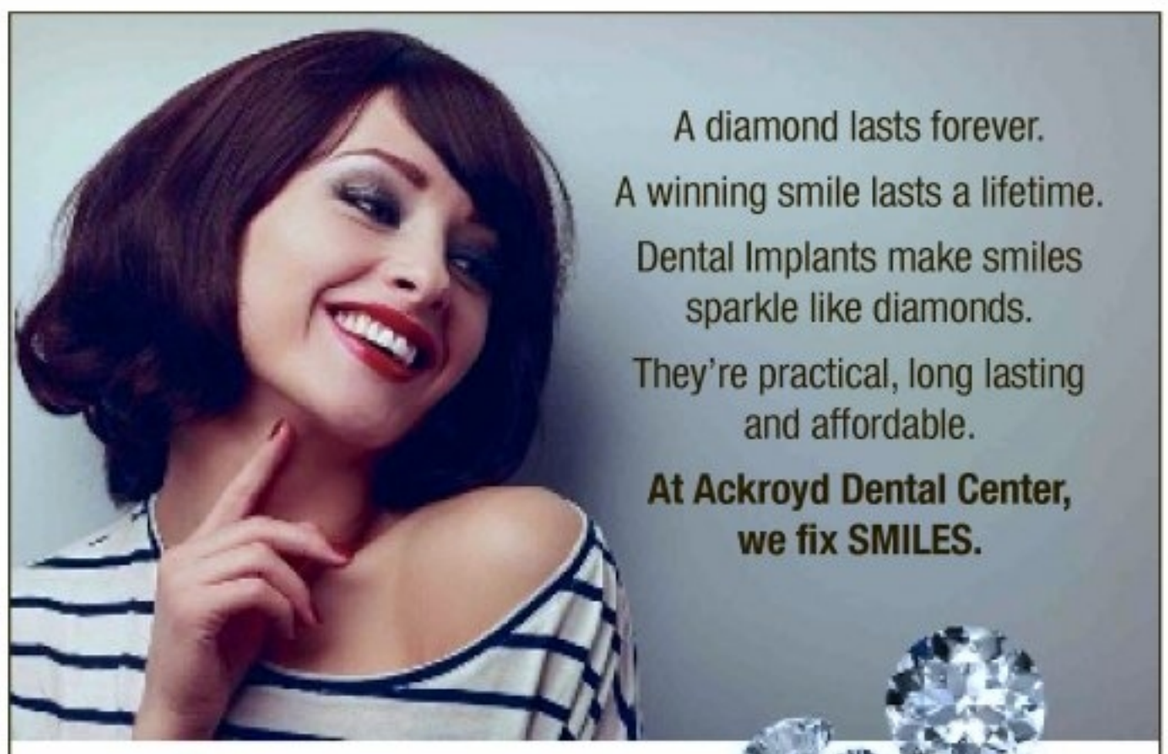

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Co-operation the only way in nation's north

Wide support helps logistics provider grow 'four-fold'

Less than a decade ago, the Polar Continental Shelf Program (PCSP) compound northwest of Resolute on Cornwallis Island, Nunavut, could support about 62 people. Today, it can handle as many as 240.

The compound — which houses living and office quarters and provides meals, accommodations, transportation and field equipment to research groups in the Canadian Arctic — has "expanded four-fold in a very, very short time," said acting PCSP Chief of Arctic Logistics Tim McCagherty.

Rapid expansion came thanks to co-operation integral to all operations in the high Arctic.

"If you're not all working together, nothing happens," McCagherty said. "Nobody stands alone in the Arctic."

In this case, the co-operation is between the PCSP — backed by Natural Resources Canada, Environment Canada and the Department of Fisheries and Oceans — and the Canadian Forces Arctic Training Centre via the Department of National Defence.

In 2007, the Canadian Armed Forces (CAF) received "the Canada First Defence strategy," which mandated an increase in CAF Arctic presence and sovereignty defence.

The PCSP was thus established in the middle of the Canadian Arctic and has one of the longest runways this far north, bar few, allowing for the kind of air projection vital to responding to sovereign threats almost anywhere north of Churchill.

WEATHER SNOWY STROLL A woman makes her way to Parliament Hill as a major winter storm hits Ottawa on Tuesday. By mid-afternoon, the Ottawa MacDonald-Cartier International Airport had recorded nearly 50 cm of snow, with more expected to fall.
SEAN KILPATRICK/THE CANADIAN PRESS

IN BRIEF

Top science prize goes to first-ever female winner

A McGill University astrophysicist became the first woman to receive one of the country's top science prizes on Tuesday, marking what was called a "significant watershed moment" for women in science.

Victoria Kaspi, a Montreal-based professor, was handed the Gerhard Herzberg Canada Gold Medal for Science and Engineering in Ottawa.

THE CANADIAN PRESS

Missing, murdered victims have ripple effect: Minister

The issue of violence against aboriginal women goes beyond the ranks of murdered and missing, Canada's indigenous affairs minister said Tuesday as she explained her claim that the tally of victims is far higher than believed.

A mere roster of victims ignores the family members who have been touched by tragedy and fails to capture the extent to which the phenomenon has affected an entire culture, Bennett said. THE CANADIAN PRESS

Not afraid to dream big

MIDDLE EAST

Girls fleeing Syrian war share hopes for the future

For the adolescent girls who have fled war in Syria for life in Jordan's refugee camps, the future can seem as uncertain as the past.

And yet, they have reasons to dream like anyone else. That's the message of the Vision not Victim campaign by the International Rescue Committee. Photographer Meredith Hutchinson invited the girls of the camps to map out their professional futures, meet female mentors and realize their potential.

The girls then designed their own photo, where they posed as their future self.

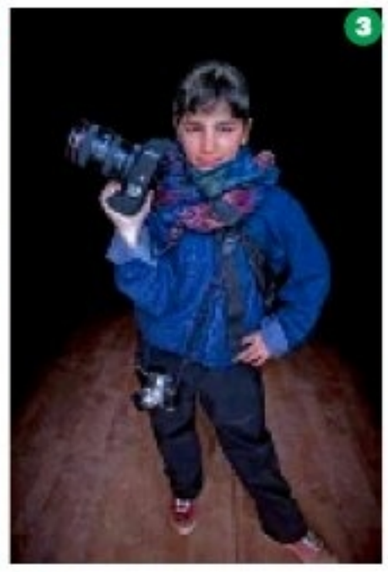
1

1 Rama (Age 13): Future doctor. "Walking down the street as a young girl in Syria or Jordan, I encountered many people suffering — sick or injured — and I always wanted to have the power and skills to help them. Now, as a great physician in my community, I have that ability. Easing someone's pain is the most rewarding aspect of my job. To be able to give them relief and make them smile — this is what I love most."

2

2 Fatima (Age 16): Future architect. "I've always wanted to be an architect. Yet, when I was young people told me that this is not something a woman could achieve, and they encouraged me to pursue a more 'feminine' profession. But I dreamt constantly of making beautiful homes for families, and designing buildings that bring people joy.

"Now that I've reached my vision, I hope I am a model for other girls, showing them that you should never give up on your dream — no matter what others say."


3

3 Muntaha (Age 12): Future photographer. "Since I was a young girl, I loved taking people's photographs. I loved going to different events and documenting what was happening — both the good and bad. Now, as a professional photographer, I use my images to inspire hope in others — to encourage love and understanding."

4

4 Amani (Age 10): Future pilot. "Even before I had ever been on a plane, I knew I wanted to be a pilot. When I was younger, my brother always told me that a girl can't be a pilot, but I knew deep down this is what I wanted to do. I finished my studies and found a way to get to flight school.

"Now, not only do I get to live my dream, but I also get to help people travel, to see the world, and discover new places."

TORSTAR NEWS SERVICE

REFUGEE CRISIS

Syrian boy writes to monarch

A 12-year-old Syrian boy is hoping for an audience with Swedish King Carl XVI Gustaf after describing his family's perilous journey to the Nordic country in a moving letter to the figurehead monarch.

The royal palace confirmed Tuesday that the king had received the letter from Ahmed. The family is still waiting to hear whether it will be granted refugee status. Ahmed wrote that his family lived happily in Aleppo, Syria, "until the war started with the sound of missiles, shooting and terror."

He described their escape to Greece in a "rubber boat" amid the cries of children and how his "heart was crushed" when he saw the tears of his mother.

"I wanted to talk about my journey from Syria to Sweden," Ahmed told The Associated Press. Ahmed wrote the letter in Arabic. Pooja Sharafi, a counsellor at the school in Malmo where Ahmed is enrolled, helped him get it translated into Swedish.

Royal palace spokesman Daniel Urso said the king replied on Feb. 11 but declined to disclose the details, saying it was a "private matter." However, Ahmed, his mother and Sharafi said none of them had seen a reply.

THE ASSOCIATED PRESS

Ahmed mails an emotional letter to King Carl XVI Gustaf. THE ASSOCIATED PRESS

DIPLOMACY

Veteran Egyptian diplomat and UN chief dies at 93

Boutros Boutros-Ghali, a veteran Egyptian diplomat who helped negotiate his country's landmark peace deal with Israel but then clashed with the United States when he served a single term as UN secretary-general, died Tuesday. He was 93.

Boutros-Ghali, the scion of a prominent Egyptian Christian political family, was the first U.N. chief from the African continent.

THE ASSOCIATED PRESS

WORLD HEALTH ORGANIZATION

Modified bugs pitched in virus fight

The World Health Organization says it may be necessary to use controversial methods like genetically modified mosquitoes to wipe out the insects that are spreading the Zika virus across the Americas.

The virus has been linked to a spike in babies born with abnormally small heads, or microcephaly, in Brazil and French Polynesia. The U.N. health agency has declared Zika a global emergency, even though there is no definitive proof it is causing the birth defects.

WHO said its advisory group has recommended further field trials of genetically modified mosquitoes, which have previously been tested in small trials in countries including the Cayman Islands and Malaysia.

"Given the magnitude of the Zika crisis, WHO encourages affected countries ... to boost the use of both old and new approaches to mosquito control as the most immediate line of defence," WHO said in a statement.

Next week, WHO chief Dr. Margaret Chan will travel to Brazil - the epicenter of the outbreak - to discuss Zika and microcephaly with the country's health minister and other officials, agency spokeswoman Fadela Chaib said on Tuesday.

34

WHO says at least 34 countries have been hit by the virus in the current crisis, mostly in Latin America.

WHO said previous experiments that released sterile insects have been used by other U.N. agencies to control agricultural pests. The agency described the Aedes aegypti mosquitoes that spread Zika - as well as other diseases including dengue and yellow fever - as an "aggressive" mosquito that uses "sneak attacks" to bite people, noting that the mosquito has shown "a remarkable ability to adapt."

THE ASSOCIATED PRESS

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Employers embrace new vacation model

EMPLOYEE MANAGEMENT

Unlimited paid holidays the 'right' thing for workers: CEO

Some companies are shifting to open-ended vacation policies, saying they trust their staff. Miovision, a Waterloo-based company, has extended the policy to all 300 of its staff. ISTOCK

Just weeks after a Vancouver company introduced unlimited paid vacation in January, some employees are already off on holidays in Thailand.

"These are high-quality people, who will come back more refreshed, better than ever," said Jeff Booth, chief executive officer of BuildDirect, an online home-improvement marketplace that sells everything from flooring to kitchens.

"We feel it's the right thing for our employees. Instead of measuring hours, we measure output," said Booth, who says he took seven weeks of vacation last year including a three-week trip to Vietnam.

"If my best person came to me and said, 'I really need this time, a paid vacation.' Would I give it to them? I would," he said, adding he would grant such vacation to others.

The policy now means all 300 employees have access to unlimited paid vacation, including staff in the warehouse. There are still rules — including limiting it generally to no more than four consecutive weeks, as many times over the course of the year — though a manager could give the sign-off on longer periods.

Miovision, a Waterloo-based traffic management company, also brought in the new unlimited paid vacation policy last month, part of a push to emphasize trust, but also formalizing what had essentially been an unwritten rule.

"The idea is take as much vacation time as you need, but we're all here to build the future," said Miovision's CEO Kurtis McBride.

The idea hasn't worked at some companies including crowdfunding website Kickstarter, which reverted back to fixed vacation days last fall.

Julian Barling, Borden chair of leadership at Smith School of Business, noted that the traditional model of limiting vacation days was built on fear that people would escape the workplace.

"In the workplaces of the current era, we are trying to construct workplaces that are very different, where autonomy is very important," he said. "It does not mean doing everything and anything they want." TORSTAR NEWS SERVICE

TECH SECTOR

Feds study report to boost startups

The federal government is closely studying recommendations on how to help Canadian tech startups grow into global success stories — transformations that could eventually provide a boost for the ailing economy.

The findings are under analysis by the government, which has also been told internally that building small and medium tech firms into billion-dollar players remains a key challenge.

The review comes amid debate on how best to revive the economy and was commissioned by the federal and Ontario governments.

The analysis comes as the Liberals prepare their first budget, expected late next month. Some anticipate the fiscal blueprint to include measures to boost the tech and startup sectors.

To get there, it explored six "priority areas." These include focusing on identifying high-potential companies, improving accountability by demanding better reporting and more data transparency from startup assistance groups, attracting more large corporations to participate in the success of Canadian incubators and accelerators, boost the quality of mentor programs, expose startups to international markets, and explore new models to increase the role of investors in startups. THE CANADIAN PRESS

IN BRIEF

Paying bills hard for many

An Ipsos Reid poll finds nearly half of Canadians surveyed are within $200 per month of being unable to pay their bills and make debt payments. About a quarter were already unable to cover bills and payments. THE CANADIAN PRESS

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URBAN ETIQUETTE **ELLEN VANSTONE**

THE QUESTION

I have a fairly large family spread around the world. We use Skype and FaceTime a lot. It really bothers me when someone sticks a camera in my face and forces me to have a conversation. How do I stop that without being rude?

Imagine if there was a way for us to see our loved ones when they're far away...
Oooh. That would be the most wonderful thing!
©Ani Castillo

Dear Ellen,

I have a fairly large family spread around the world, so we find ourselves using Skype and FaceTime a lot. It really bothers me when I'm minding my own business and someone just sticks a camera in front of me and forces me to have a conversation with that person. It happens over the phone too, but that can be avoided by making signals.

Is there a way to stop that without being rude?

Andrés, Toronto

Dear Andrés,

As part of a large family spread out across Canada, I know this problem well and can speak to it from both sides. I've been the person trying to eat dinner when a laptop is suddenly inserted between me and my mashed potatoes. And though certain of my relatives might resemble a mound of lumpy, whitish starch covered in grease, I much prefer the edible variety on my plate.

So, whilst my lovely tubers grow cold (and as every potato-lover knows, they can never be reheated to their first, fresh glory), I make small talk with faraway people who are starting to look seasick from being passed around the table like a dish no one really wants, but which everyone feels obliged to sample for fear of offending the cook.

I've also been the seasick face on the screen, shuttled between siblings who love me dearly but already know I'm fine and are too busy yelling at their children to give my latest theory about the weather the attention I think it deserves. Their solution is to pass me on to the kids — who, I'm proud to report, are assiduously polite. I daresay, if I weren't a student of etiquette, even I'd be fooled by the skill with which they cut short my questions about their dreams and hopes for the future and insist on sharing their beloved aunt with the younger ones.

As with many matters of etiquette, my answer to your question must start with 'It depends.'

Alas, the whole staying-connected-via-the-Internet experiment really falls apart when you involve the under-five set. I hate to be critical but if I wanted to watch a fast-motion, shaky-cam montage of the ceilings, walls and floors of several rooms, I could easily do that at home. Nor do these violently exuberant toddlers know how to gracefully say goodbye. The last time I attended a family event via Skype, I was left face-down on a staircase screaming "Hello? Hello? I'm here! Is anyone there?" It felt like a giant, depressing metaphor for my life. Then again, attending family events in person often ends with the same sensation, so perhaps I can't blame everything on video chats.

As with many matters of etiquette, Andrés, my answer to your question must start with "It depends." If you are comfortable discussing the issue with family members, you might find you're not alone in feeling unpleasantly ambushed by computer screens at the table. You could discuss planning ahead, setting a firm time to talk when you're prepared, your mouth isn't full, and — if you're at all vain — you've had time to fix your hair and powder your nose for the camera.

If your family isn't open to your concerns, or they're terrible at planning, you have several choices:

1) Take the initiative and be the first to get the video call going. This gives you full control of when the conversation happens and puts you on the business end of shoving laptops into faces. As de facto moderator, you can also humbly cut your own time short in consideration of others.

2) Discreetly disconnect the modem or, even better, leave it lying facedown on a distant staircase or under a pile of coats. If there are toddlers on-site, this can easily be accomplished without raising suspicion — though I hasten to add it would be very bad manners to allow any small, innocent person to be punished for your actions.

3) Bite the bullet, take the long view and submit. It's annoying but it's only a few minutes of your life and it could mean an awful lot to the person at the other end. And, of course, don't talk with your mouth full.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

What's anti-feminist is pitting women against each other

You can't swing a media brand without hearing about the great rupture in American feminism, a split deeper than DD cleavage, a cat fight extraordinaire, mano-a-mano — or, since the Spanish word for "hand" sounds so much like "man," mujer vs. mujer.

The schism first appeared a month ago and has reached a media fever pitch: Young women are choosing Bernie Sanders over Hillary Clinton, to their elders' outrage.

Let's begin with the obvious: Not all young women are choosing Sanders (celebrity example: Lena Dunham) and not all older women are choosing Clinton (example: Susan Sarandon). Also: not all women vote Democratic.

Still, the debate is real enough that pro-Clinton former U.S. secretary of state Madeleine Albright got all evangelical last week, warning of "a special place in hell for women who don't help each other" — an absurdly ill-fitting threat, since Sanders supporters aren't the most religious.

She probably meant to say "a special place in the Clintons' bad books." But all this Shakespearean-level gender drama presented by the media is overrated.

First: The debate feels pretty white. Despite notable supporters, including rapper Killer Mike and a former NAACP chair, polls show black and Hispanic voters skew heavily Clinton. And since I couldn't find a single poll detailing how black or Hispanic women are voting by age, I guess no one's that curious about where race plays into this feminist end-of-unity.

Second: The debate is partly misdiagnosed. Yes, young women are feeling the Bern, but so are all young people. It's not a problem with feminism, it's a problem with the generations at large. Young voters are concerned with poverty, income inequality and the dismantling of establishment power — all things Sanders has championed. Older women (and the media) are misreading this as indifference to gender politics — even, bizarrely, Gloria Steinem. As an early champion of viewing oppression beyond the gender lens and into class and race, I would have expected her to understand.

Lastly: Both candidates would probably be OK for women. They both support abortion rights, same-sex marriage, expanding Obamacare and raising the minimum wage.

The anti-climactic truth is neither choice is anti-feminist. What's anti-feminist is pitting women against each other, as if there were only one right way to be. It's also an underwhelming tactic to garner votes. Case in point: Fire-and-brimstone Albright has since apologized for telling other women to go to hell.

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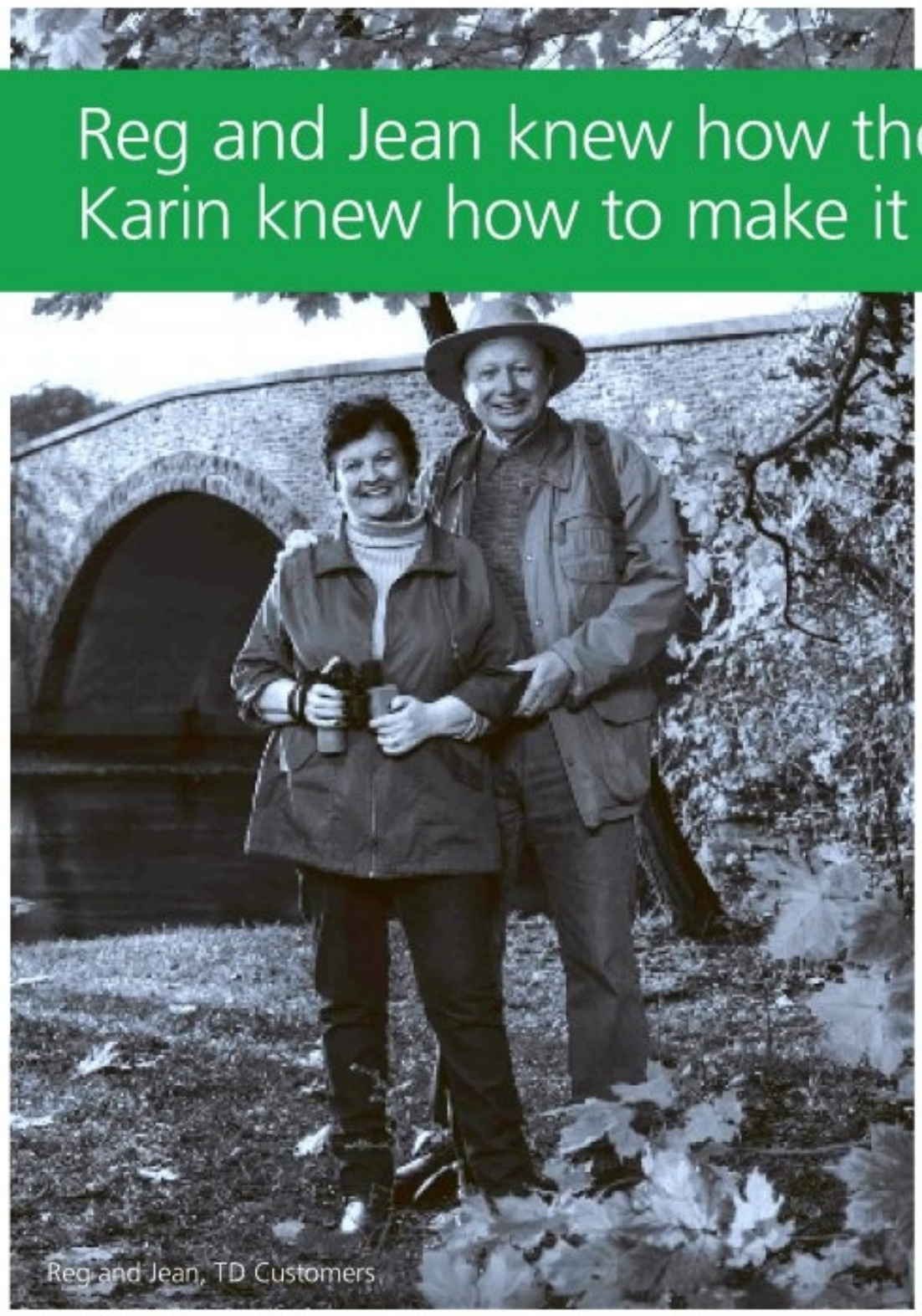

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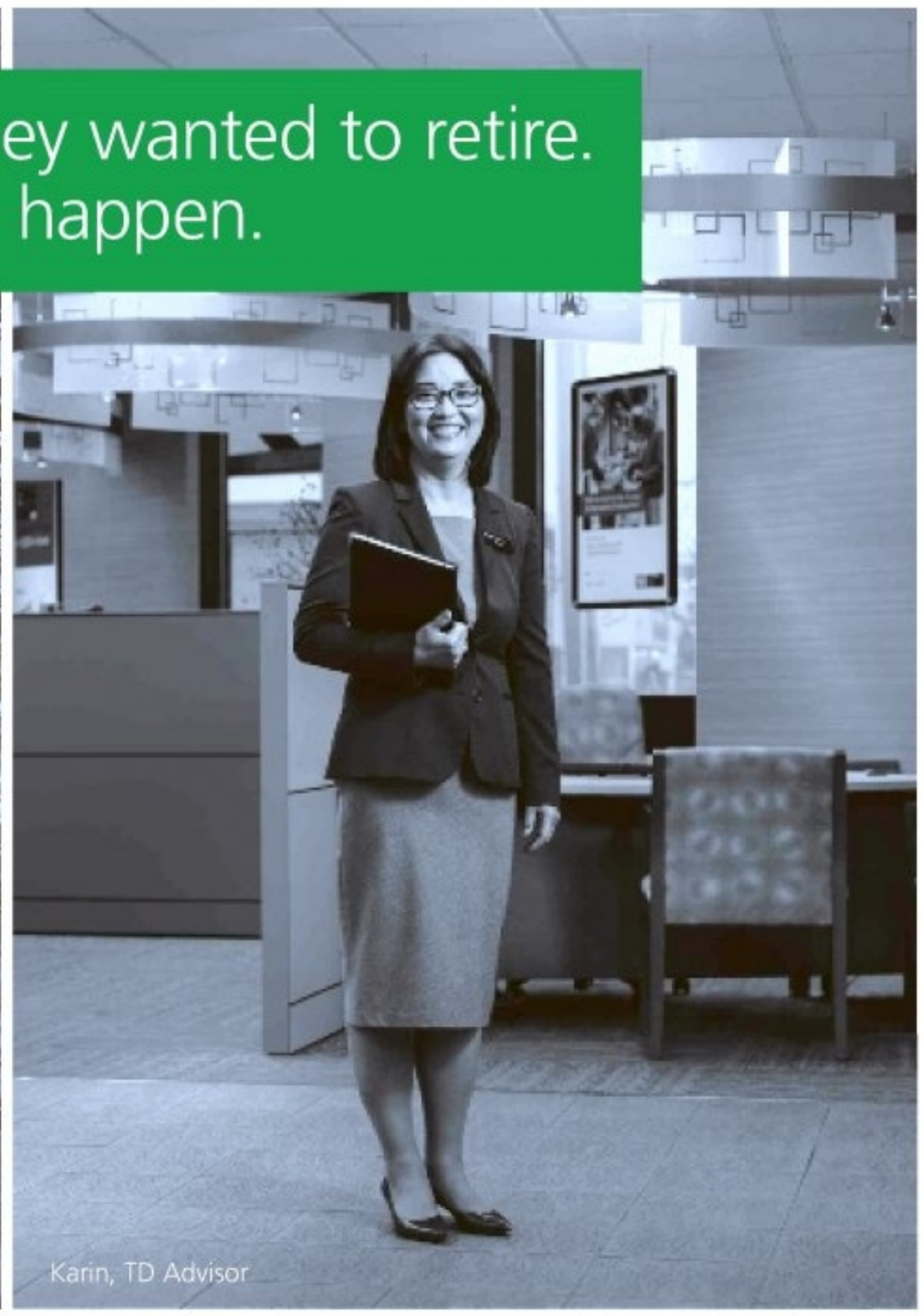

Karin, TD Advisor

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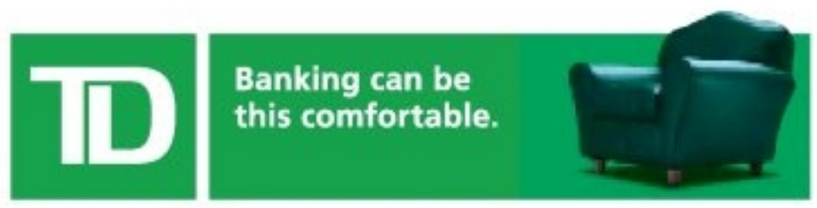

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Is it too late to start saving?

NEST EGG

Building a retirement fund beyond middle-age

Michelle Williams

It's never too late to start saving for your retirement. ISTOCK

You're nearly past your best earning years and your savings are negligible. Maybe it's because you've been raising your kids, paying down your mortgage and managing credit-card debt. Is it too late to start saving for retirement?

You may regret not starting earlier, but it's never too late to save.

"If you're not 71 years of age or older and if your taxable income is considerably higher now that it will be in retirement, then you still have time to be making RSP contributions," says Alan Cameron, investment advisor with Investment Planning Counsel. "The reasons are no different when you're middle-aged and beyond than when you're younger — you'll get a tax deferral now and pay less tax when you pull it out, assuming you'll be earning less."

The big difference is that there's less opportunity for your money to grow, as it won't be in your RSP as long and won't benefit from decades of compounding interest.

Time to get serious

"Often, we see people who haven't saved much in the past start to panic around age 50," says Jason Pereira, senior financial consultant with Woodgate Financial Inc. and Investment Planning Counsel. "It's unfortunate that people find themselves in this situation, but whether you've left it late or not, at some point you have to get serious about retirement savings or you may not retire in a lifestyle you'll be comfortable with."

According to Pereira, the question to ask yourself about your retirement savings is: Can you sustain the lifestyle you're accustomed to when you're no longer working? If the answer is no, now is definitely the time to get serious about your retirement savings.

You may also have to examine why you haven't been saving until now.

"If you're dealing with credit-card debt or refinancing your home, you're living beyond your means," says Pereira. "When you're spending more than you make when you're working, how can you ever expect a positive result when you're retired?" Those who don't save enough may either have to push back their retirement, change their current lifestyle or prepare for a very different standard of living in the future.

Changing the focus

The challenge isn't always overspending.

"Some investors choose to put all their money into paying off their mortgage. The focus is to pay off debt rather than to build equity," says Pereira. "When people don't invest in savings, they're ignoring a vital part of their future and think they can catch up later, but because you miss out on compounding interest, the longer you wait, the more money you'll need."

While RSPs are an excellent savings tool, their tax benefits may not be for everyone.

"If your earnings are lower, say $45,000 or less, you would want to be looking at tax-free savings accounts (TFSAs). Also, RSPs may not be the answer if your post-retirement income is too close to your pre-retirement income or you're always in the lowest tax bracket," Cameron suggests.

For those nearing retirement, it's more important than ever to get good advice.

"You may have to adjust your goals, make lifestyle changes and start ramping up your savings," says Cameron. "A financial advisor can help you with this, showing you the best ways to make smart choices to help you reach your goals before you retire."

He recommends taking a sober assessment of where you stand every year, and more often as you near retirement. Your retired self will thank you.

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Your essential daily news

Parenting 'rewires' a couple's immune systems, European researchers say

Leaves kale green with envy

Sure, kale is packed with nutrients, but so are a dozen or so greens sitting largely ignored on the same grocery shelf. Give these less popular leafy greens a try for your next dinner **TORSTAR NEWS SERVICE**

RAPINI

A cousin of broccoli, rapini is popular in Italian cooking where it's sautéed with lots of olive oil, garlic and chili flakes (and maybe sprinkled with some parmesan on top). People are often put off by its bitterness, but blanching it for a minute in salted boiling water before adding them to a hot pan helps bring out its sweetness and soften the woody stems. Serve the sautéed rapini as is for a side, toss it in penne with crumbled sausage or add it to an Italian meatball soup. **Bitterness rating: 4/5**

DANDELION

It's probably best to buy dandelion from the supermarket rather than pulling the ones from your backyard that have been getting a daily watering from the neighbourhood pets. Fiercely bitter, dandelion is best served in salads with an acidic dressing such as lemon juice and olive oil that will mellow out its harshness. Add thinly sliced oranges, grapefruit and fennel to further add an acidic sweetness to the bowl. **Bitterness rating: 5/5**

CHARD

This gorgeous leafy green has stems and veins that come in a rainbow of colours, from pale green to beet red to sunset yellow. Like kale, its stems are quite woody in texture, but don't throw away the part that's going to give your dish a pop of colour (and belly-satisfying fibre). Simply separate the stems from the leaves, chop the stems into smaller pieces and give them a head start in the sauté pan before adding the leaves. A pinch of salt and a clove of garlic will help to get rid of its bitter taste. **Bitterness rating: 3/5**

BOK CHOY

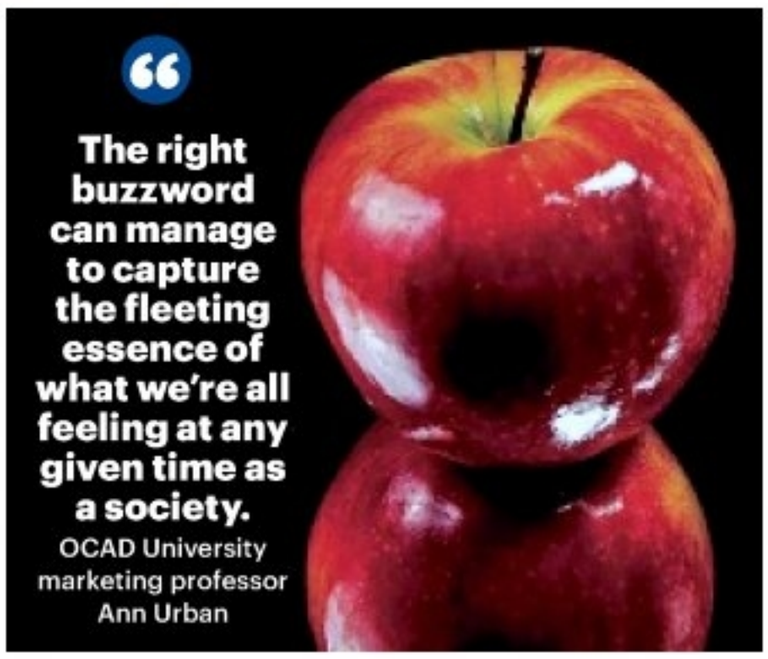
A staple in Chinese cooking, bok choy is characterized by its round leaves forming a bulblike shape at the bottom. Though its leaves may not be as dark as kale, bok choy is actually a nutritional powerhouse with high amounts of vitamins A and C as well as calcium. Do as the Chinese do and sauté bok choy with garlic in a bit of vegetable oil or add it to a bowl of noodle soup, dumplings or wontons. **Bitterness rating: 2/5**

WATERCRESS

As its name suggests, watercress thrives in wet environments and gives off a sweet, slightly peppery crunch. Give the leaves an extra good rinse to get rid of any sand or dirt before using it as a base for salads or a more flavourful alternative to spinach in sandwiches (and not just cucumber finger sandwiches at afternoon tea). Watercress also adds flavour to pork bone soups and is a staple in Chinese hot pot. For nutrition, watercress rivals kale with high amounts of vitamins K, C, A and B6. **Bitterness rating: 1/5**

COLLARDS

Celiac sufferers (and those still on the gluten-free bandwagon) should turn to collards when making wraps and rolls in lieu of tortillas and wheat-based wrappers. The leaves are large, flat and round, making it much easier to handle as a substitute for burger buns than kale. In the American south, collards are traditionally cooked with onions, pepper, garlic and bacon (a dish with roots dating back to the slave trade). In East African nations such as Kenya and Tanzania, collards, or sakuma wiki, have been eaten for centuries and are sautéed in oil with onions and salt to go with meat or ugali, a cornmeal mash. **Bitterness rating: 2/5**



"The right buzzword can manage to capture the fleeting essence of what we're all feeling at any given time as a society.

OCAD University marketing professor Ann Urban

TRENDS

Glow: A word the world has a crush on

From health food shops to beauty salons, the whole world seems to be aglow. Glowing cheeks, the Oh She Glows Cookbook, that pregnant glow, glow beauty magazine, glowing praise, GlamGlow skin care — the list, um, glows on. The word shouts radiance and health. You can aspire to glow. People will notice. And you'll feel fantastic too! Our desire to "glow" sees us buying everything from glow-titled books to glow-branded beauty products. But what makes this buzzword so luminous and appealing?

"The word 'glow' is often associated with being natural and healthy," Seneca College marketing professor Reza Alavie says.

According to Alavie, advertisers used "glow" as early as 1880 to sell womenswear.

"Go into a grocery store and try to buy an apple that isn't shiny. You can't. They cover apples in wax because they know it will attract customers. People are naturally drawn to shining and glowing things."

Our language, adds University of Toronto linguist J.K. Chambers, may account for much of the word's appeal.

"'Glow' comes from a plain old Germanic root that has been in the English language as long as there has been an English language," Chambers says. "It has the simple, honest feel that clings to old monosyllables, without any airs."

Ryerson University philosopher Elizabeth Trott suggests that our desire to "glow" may speak to a deeper yearning.

"Plato said when we learned more we would continue to seek the light of knowledge, and his metaphor in the famous cave analogy was moving toward the sun. Perhaps there is real unfulfilled need in human beings to be in, and aware of, natural light."

Ryerson University sociologist Paul Moore seems to think so too.

"We project our vitality, our desires and wishes onto the objects we buy and the stuff we surround ourselves with," Moore says. "It's then really easy, too easy, to substitute things that glow for our own glowing health or a healthy society. Some would say that quest for glow is actually a sign of concern or longing for a more meaningful life or a more vibrant society."

TORSTAR NEWS SERVICE

Homemade teriyaki sauce tops it all

SIMPLY DELICIOUS

Savoury-sweet versatility means dinner can be ready in just minutes

If you're still using teriyaki sauce from a bottle, you're depriving yourself of the awesomeness that is homemade teriyaki. Knowing how simple this potent sweet-savoury sauce is to put together might make parents feel better about serving it at dinner. It's so versatile, it can be slathered on whatever protein is at hand — chicken, steak, pork or salmon.

Teriyaki Sauce
Start to finish: 5 minutes
Makes 1 cup

Ingredients
- 1/4 cup water
- 1/4 cup low-sodium soy sauce
- 1/4 cup seasoned rice vinegar
- 1/4 cup sugar
- 1 Tbsp sesame oil
- 2 tsp Sriracha (or other hot sauce)
- 1 tsp garlic powder
- 1 tsp ground ginger

Directions
Sauce
1. In a medium bowl, combine all ingredients and whisk until the sugar is dissolved.

Chicken
1. Slice boneless, skinless chicken breasts into thin strips. Add them to the sauce, then refrigerate up to 24 hours.

2. When ready to cook, set a wire rack over a rimmed baking sheet. Coat the rack with cooking spray. Arrange the chicken strips in an even layer on the rack, then set under the broiler on the oven's middle shelf for 3 to 5 minutes, or until just starting to brown. Flip the chicken pieces, then cook for another 3 to 5 minutes.

3. Pour the marinade into a small saucepan over medium-high and boil for 3 minutes. When the chicken comes out of the oven, drizzle the marinade over it.

Pork
1. Substitute pork tenderloin, similarly sliced, for the chicken breasts above and follow the same method.

Steak
1. Cut a 1 1/2-pound flank steak against the grain into thin strips. Add to the teriyaki sauce and refrigerate for up to 24 hours.

2. When ready to cook, heat a large skillet over medium-high. Add a couple tablespoons of oil. When the oil is hot, use tongs to remove the steak from the marinade and add to the skillet. Cook for 2 to 4 minutes. You want it barely cooked.

3. Add the marinade to the pan and bring to a simmer. Cook for another 1 to 2 minutes. Serve the steak and sauce over rice or noodles.

Salmon
1. Arrange 4 salmon fillets on a foil-lined rimmed baking sheet. Brush each liberally with teriyaki sauce. Broil on the oven's middle shelf for 1 to 2 minutes, then brush with additional teriyaki.

2. Repeat this process 3 to 4 times, or until the salmon is just cooked and well glazed, a total of about 6 to 8 minutes under the broiler. Garnish with chopped scallions, sesame seeds or both.

THE ASSOCIATED PRESS

An incredibly versatile and delicious teriyaki sauce recipe can be used on whatever protein is at hand: chicken, steak, pork or salmon (shown above). MATTHEW MEAD/THE ASSOCIATED PRESS

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Snacks

Sushi sounds like a super healthy meal with rice, fish and veggies but some rolls will send you off the deep end nutritionally.

PICK THIS

Salmon Avocado Roll

Portion Roll (nine pieces)
Calories 320
Fat 4 g
Sodium 470 mg

SKIP THIS

Spicy Tuna Roll

Portion Roll (nine pieces)
Calories 670
Fat 18 g
Sodium 830 mg

HERE'S WHY

Equivalent to as much sodium and more calories as two Original Recipe Chicken Thighs from KFC.

The tuna is incredibly healthy but once mixed with the spicy sauce and mayonnaise-based wasabi aioli (which give the Spicy Tuna Roll its name and kick), it sinks the sushi when it comes to calories, fat and sodium. The addition of this fatty sauce adds almost double the sodium and calories, and 4.5 times the fat. That's without adding any soy sauce, which triples the sodium. Stick to a sauce-free roll – the Salmon Avocado Roll gives you all the good stuff. Try to pick a low-sodium soy sauce and use sparingly.

DRINK PICK

Try a fresh white wine from Nova Scotia

With a modern history well into its third decade, Nova Scotia's wine industry has experienced rapid growth this decade with over a dozen wineries pressing juice from locally grown grapes.

Jost Vineyards was there at the beginning. Nova Scotian winemakers do fresh, aromatic whites very well, with off-dry, lightly effervescent versions like Jost's 2014 Selkie Frizzante ($19.95) a casual-drinking tour de force. PETER ROCKWELL/METRO

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YESTERDAY'S ANSWERS

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9	3	5	1	4	6	2	7	8
4	1	8	5	7	2	6	9	3
6	9	2	8	1	5	3	4	7
3	8	4	6	9	7	5	2	1
1	5	7	2	3	4	8	6	9
8	6	9	7	2	3	1	5	4
2	4	3	9	5	1	7	8	6
5	7	1	4	6	8	9	3	2

THE COLLECTIONS

Mamie Gummer stars in post-war fashion drama

Shooting has begun for a new drama The Collection, set in Paris after the Second World War about a family of fashion designers trying to bring haute fashion back into mode.

The eight-part family saga stars Richard Coyle, Tom Riley, Frances de la Tour and Mamie Gummer, the daughter of Meryl Streep.

Other stars include Jenna Thiam, Max Deacon, Irène Jacob, James Cosmo, Alix Poisson, Sarah Parish, Michael Kitchen, Michelle Gomez, Stanley Townsend, Allan Corduner, Alexandre Brasseur, Bethan-Mary James, Patrick Kennedy and Poppy Corby-Tuech.

The series is the vision of Oliver Goldstick, whose credits include Desperate Housewives, Ugly Betty, and Pretty Little Liars.

The project marks the first Franco-British co-production between BBC Worldwide, France 3 and Amazon Prime Video and Lookout Point. AFP

The Collection is about a family of fashion designers in Paris trying to bring haute dress back in style after WWII. CONTRIBUTED

JOHANNA SCHNELLER WHAT I'M WATCHING

Rock 'n' roll but what's the point?

THE SHOW: Vinyl, Season 1, Episode 5 (HBO)
THE MOMENT: The Dance

New York City, 1973. Record mogul Richie Finestra (Bobby Cannavale, terrific) watches his wife Devon (Olivia Wilde) dancing sexily with Hannibal (Daniel J. Watts), a singer his label is wooing. They've been partying, snorting coke. The music is hot, the mood woozy.

At first Richie is into it. Until the dance becomes outright foreplay. Hannibal nuzzles Devon's neck, runs his hands down her red dress. He looks at Richie: How far will he let this go?

"You want a bump?" Richie asks, holding up the coke.

"I got a bump," Hannibal says, grinding his crotch into Devon's ass.

"Why, yes you do, sir," she coos.

"Right," Richie says, standing up. "We gotta run." He grabs Hannibal's cheeks. "You are a f—ing...god," he says. But they all know what he means.

Martin Scorsese, Mick Jagger and Terrence Winter (who ran Boardwalk Empire) created this series, so you can be sure that the milieu is fascinating (decaying New York; the clash of punk, rock and disco) and the mise en scene impeccable ('70s moustaches, subway graffiti). There are orgies, egos, and all sorts of icons wandering through: Bowie, Warhol, Nico. Immersive performances make us feel the power of music.

But five episodes in, I've yet to see what this show is actually about — in the way that Treme was about righteous anger and Boardwalk Empire was about American corruption. The scene above is the first one that felt truly dangerous to me. As titillating as sex, drugs and rock 'n' roll are, I want something deeper.

The heady lives of a record mogul (Bobby Cannavale) and his wife (Olivia Wilde) are captured in the series Vinyl, without offering a deeper commentary on the lifestyle. CONTRIBUTED

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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metro DRIVE

Your essential daily news

Raptors coach Dwane Casey opened the Canadian International AutoShow last weekend

Sentra gets a whole new look this year

ROAD TESTED

REVIEW

Nissan does a great job with this fine tune

Jil McIntosh
For Metro Canada

In the brutally competitive automotive world, vehicles have to stay fresh. That's why, only three years after Nissan introduced an all-new Sentra compact sedan, it's now giving it a styling makeover for 2016.

The engine doesn't change, although the automatic continuously-variable transmission (CVT) is tweaked for better performance.

The big difference is in the exterior styling, and the Sentra gets an entirely new look from the windshield forward.

It looks a lot like a smaller-scale Nissan Altima, with its chrome-accented grille and boomerang-shaped headlamps.

Pricing starts at $15,898 for a base model (although it's $18,998 to get one with air conditioning), while the mid-range SV trim with CVT, which Nissan says is the best-selling model, is $19,998.

The Sentra uses a 1.8-litre four-cylinder engine that works well in most driving conditions, although you'll probably wish for a bit more power on hard acceleration, such as highway passing.

But while CVTs can often be noisy and feel rubbery when mated to lower-horsepower engines, Nissan has done a great job fine-tuning this one. Its performance is barely noticeable, and that's a compliment.

Other changes include improvements to the steering, which is stiffer and which makes for more comfortable driving on the highway.

The ride is bigger-car comfortable, and extra attention paid to sound-deadening makes for an extremely quiet cabin.

> **It looks a lot like a smaller-scale Nissan Altima, with its chrome-accented grille and boomerang-shaped headlamps.**

There are few styling changes to the interior, other than a new steering wheel and a slightly different centre stack and console.

There are some new features, though, including an available six-way power driver's seat, and in the upper trim levels, electronic safety technologies such as blind spot monitoring, cross-traffic alert, emergency braking, and adaptive cruise control that automatically adjusts its speed to traffic ahead.

These positive changes shake up the Sentra, but not the segment. It's competitive but still not a heads-above standout as far as the driving experience goes.

That said, it's well-priced compared to other compact sedans with similar features, and it's definitely worthy of a second look when you're in the market for something new.

THE CHECKLIST | NISSAN SENTRA 2016

THE BASICS

Type. Four-door, five-passenger compact sedan
Engine. (hp/torque). 1.8-litre four-cylinder (130/128)
Transmissions. Six-speed manual or CVT
Price. $15,898 - $25,998 (plus destination)

COOL FEATURES

- Apple Siri
- Driver's auto up/down window
- Easy-Fill tire pressure system
- Available leather seats
- Rearview camera
- Auto-dimming interior mirror
- Satellite radio

MAIN AND INTERIOR PHOTOS: JIL MCINTOSH/FOR METRO; OTHERS HANDOUT

POINTS

- Canadians buy more sunroof-equipped models than any other country, so Nissan has added one as an option to the mid-level SV.
- An available suite of apps lets you call for assistance, remotely lock or unlock the vehicle, and set boundaries for younger drivers from your phone.

MARKET POSITION

- Compacts make up the largest share of car sales in Canada, but Nissan has seldom been able to get close to leaders like Honda and Toyota. Freshening up this sedan should gain it a little more attention

THE COMPETITION

Honda Civic
Base price: $15,990

Toyota Corolla
Base price: $15,995

Volkswagen Jetta
Base price: $15,995

SAFETY

Volvo declares war on traffic accident fatalities

Lex Kerssemakers, the head of Volvo's operations in the United States, said that the only acceptable number of road traffic deaths is "zero." Addressing the crowds on the opening day of the Chicago Auto Show, Kerssemakers outlined Volvo's ambitious aim — Vision 2020 — the goal of which is to ensure no one travelling in a new Volvo is killed or injured in a crash by the end of the decade.

"It is unacceptable that more than 1.2 million people are killed in traffic annually," Kerssemakers said.

> **Zero is the only acceptable number for us to work toward.**
>
> Lex Kerssemakers, Volvo, on the company's goals for Vision 2020

"Here in the U.S., the figure is approximately 33,000 people. Zero is the only acceptable number for us to work toward."

Volvo built its reputation on safety and has been one of the early leaders in the development of semi-autonomous driving systems.

The company sees these technologies as being crucial to reducing and eventually eliminating deaths caused by road traffic accidents.

The S90 sedan, which is being showcased at the Chicago Auto Show, is the first mass-market car to go on sale in the U.S. with a host of semi-autonomous drive features, including highway navigation, as standard.

But that is just the beginning.

"At the end of 2017 we will have the largest and world's first fleet of 100 autonomous vehicles in the hands of real customers," Kerssemakers said, referring to Volvo's multi-year autonomous driving tehnology project — Drive Me — currently underway in Gothenburg, Sweden.

"It will allow real customer feedback to help develop the first AD cars available to a wider audience. It will also assist authorities to understand how legislation, infrastructure planning and other societal elements will need to develop." AFP

IN BRIEF

Ford plans new SUVs, which cross generation gap

Projected demand for rugged off-roaders and crossovers among millennial and boomer drivers means Ford aims to launch four new SUVs over the next four years. Ford's latest research shows that for millennials, the SUV style appeals more than any other and when younger drivers think about starting a family, they start holding the concept of the SUV in much higher esteem. AFP

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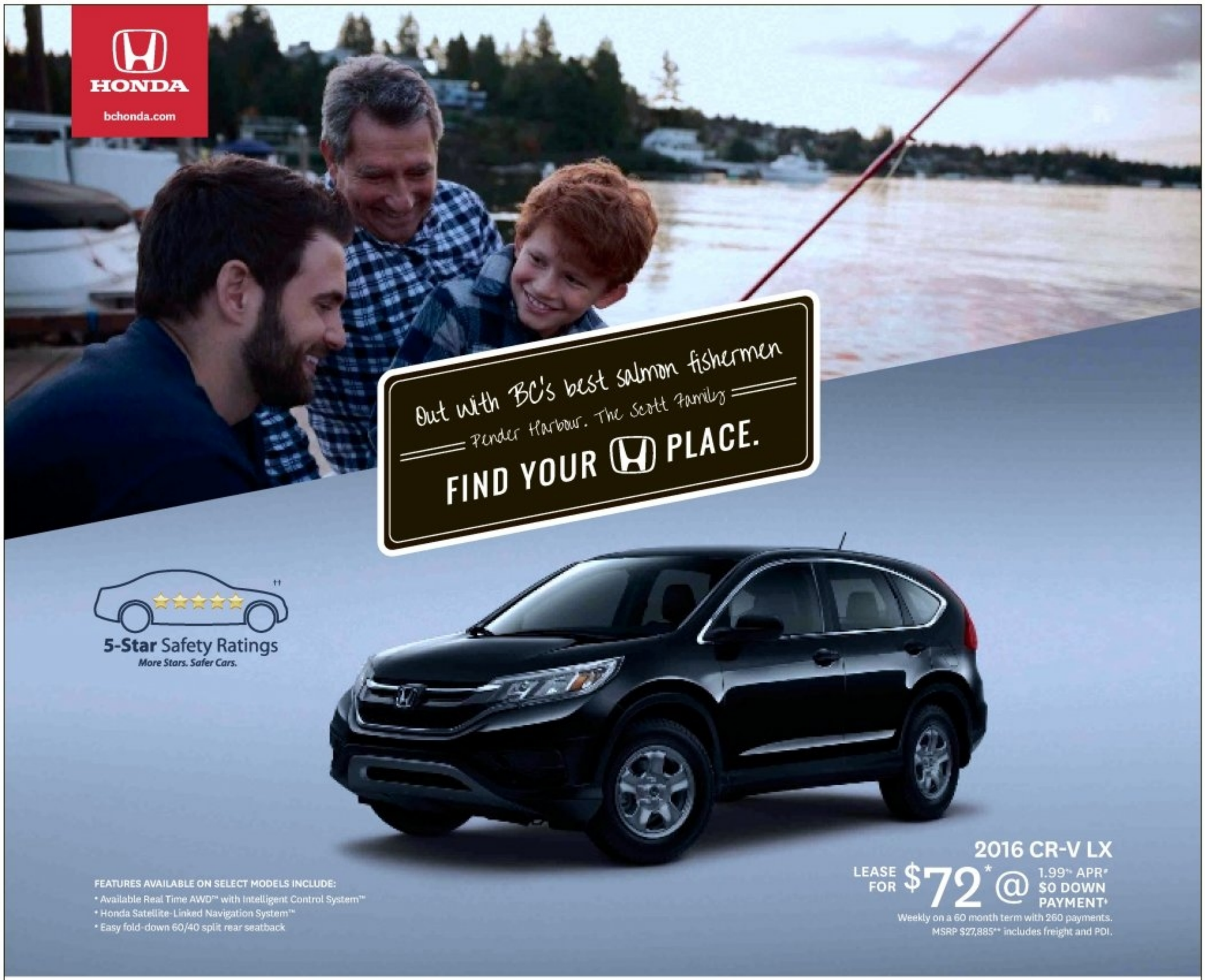

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††Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov).†Based on Global Automakers of Canada New Vehicle Registrations for calendar year 2015 for the Subcompact Car segment. *Limited time weekly lease offer and all other offers are from Honda Canada Finance Inc., on approved credit. #The weekly lease offer applies to a new 2016 CR-V LX RM3H3GE1/Fit DX GK5G3GE for a 60-month period, for a total of 260 payments of $72.01/$43.98 leased at 1.99%/2.99% APR based on applying $0/$281.60 "lease dollars" (which are deducted from the negotiated selling price after taxes). ‡Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $18,722.60/$11,434.80. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance, charge of $0.12/km for excess kilometres. **MSRP is $27,885/$16,325 including freight and PDI of $1,695/$1,595. License, insurance, registration and taxes are extra and may be required at the time of purchase. */#/**Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, tire/battery tax of $25, or air conditioning tax (where applicable) of $100, all of which are due at time of delivery. Additional charges for waste disposal fees, environmental fees and handling charges (all of which may vary by dealer and/or vehicle) may apply. Offers valid from February 2nd through February 29th, 2016 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

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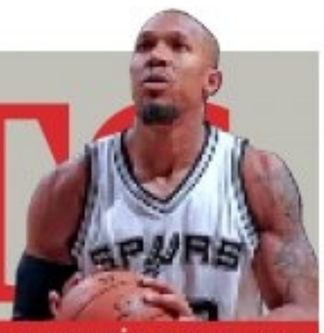


"There's no big mystery or anything like that ... find a formula that works, and stick with it": David West on the Spurs' decades-spanning success

Giving scoring Blas the boot

MLS

Whitecaps hope Perez can do damage from their side

Cam Tucker
Metro | Vancouver

If a picture is worth a thousands words, then soccer fans in Vancouver would love to know what goalkeeper David Ousted was really shouting at Blas Perez back in October of 2014.

It's a familiar photograph for Whitecaps fans. Ousted, Vancouver's goalkeeper on the right, holding the ball and verbally scolding Perez, who was with FC Dallas.

The rivalry between the Whitecaps and FC Dallas was about to hit its peak with an MLS playoff game a few weeks later, though the bad blood between the two clubs had been brewing before that, Perez as one of the feature antagonists.

But Taylor Swift's Bad Blood single doesn't apply here. Any problems between the Whitecaps and Perez have likely been solved by now.

He's on their side. Perez agreed to a one-year deal, which was officially announced Tuesday.

"Throughout your career, you're going to play against players that you absolutely hate on the field ... and they haunt you," said Ousted.

Blas Perez scores from the spot for FC Dallas in October 2014. GETTY IMAGES FILE

"I'm still going to scream at him. A lot. Like I do with all the guys. But this time he's going to be on my team so hopefully he's going to haunt someone else."

Head coach Carl Robinson probably won't mind the antics if Perez can help a Whitecaps team that desperately needed an upgrade to its attack following last year's playoff loss.

> **Whatever way he can score goals, that will do for me.**
> Whitecaps head coach Carl Robinson

"Whatever way he can score goals, that will do for me," said Robinson.

Perez said he's still battling to be a starter up front, though he could be used as a substitute. As a target player, he can be brought off the bench to change the dynamic of a game if Vancouver is in need of a different look offensively.

As for past battles with his new teammates, Perez is of the mind to let bygones be bygones.

"You've got to move forward," said Perez, through a translator.

"As a professional ... what happened in the past happened in the past. What happened on the field stays on the field. After the game is done, we're all brothers, friends, family. Now that I'm at this club, it's my opportunity to really repay the confidence the club has shown in me and work hard."

GOALKEEPER

Ousted signed to extension

Star goalkeeper David Ousted signed a contract extension with the Whitecaps.

The 31-year-old Ousted, runner-up for 2015 Goalkeeper of the Year, said his new deal is two years plus an option.

The progression of the Whitecaps, particularly since Carl Robinson took over as manager, is one attractive element for Ousted.

"Robbo was a big part of me wanting to stay," said Ousted of the coach.

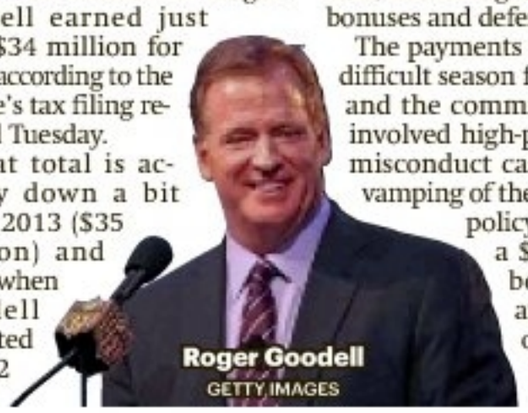
"For me, he's a great manager but he's also got visions for this club going forward and I wanted to be a part of that."

NFL

Commish hauled in $34M in 2014

NFL commissioner Roger Goodell earned just over $34 million for 2014, according to the league's tax filing released Tuesday.

That total is actually down a bit from 2013 ($35 million) and 2012, when Goodell collected $44.2 million, including $9 million in bonuses and deferred pension.



Roger Goodell
GETTY IMAGES

The payments for 2014 — a difficult season for the league and the commissioner that involved high-profile player misconduct cases and a revamping of the NFL conduct policy — included a $26.5-million bonus negotiated the previous year.

THE ASSOCIATED PRESS

IN BRIEF

B.C. Lions acquire O'Neill, release Foster

The B.C. Lions picked up Canadian centre Tim O'Neill from the Hamilton Tiger-Cats in exchange for a fifth-round pick in the 2016 CFL Draft.

O'Neill, who is from Victoria, enters his ninth season in the league.

With the addition of O'Neill, the Lions released international centre Jason Foster.

The six-foot-three 305-pounder also played for Calgary from 2008-11.

CAM TUCKER/METRO

Pistons trade for forward Harris in push for playoffs

With a playoff spot within reach this year, the Detroit Pistons made a trade they hope will benefit them both now and in the future.

The Pistons acquired forward Tobias Harris from Orlando on Tuesday in a deal that sent guard Brandon Jennings and forward Ersan Ilyasova to the Magic. Harris, 23, gives Detroit an athletic young player who signed a $64-million, four-year deal last summer.

THE ASSOCIATED PRESS

NHL

Kuznetsov, Caps knock off Kings

Evgeny Kuznetsov's tiebreaking goal with 2:02 remaining off an assist from ex-Kings player Justin Williams, a score that withstood a coach's challenge for goalie interference, lifted the NHL-leading Washington Capitals to a 3-1 comeback victory over Los Angeles on Tuesday night.

Kuznetsov's 16th goal, but first in a month, gave him 20 points in his past 14 games. Andre Burakovsky got a secondary assist on that score, after tying the game with 48.1 seconds left in the second period. Jason Chimera added an empty-netter with 8.6 seconds left.

Anze Kopitar put Los Angeles ahead in the first period on a short-handed goal.

THE ASSOCIATED PRESS

TUESDAY In D.C.

CAPITALS	KINGS
3	1

Campbell's third UFC test

MMA

Canuck fighter training out of B.C. will take on James Krause

Shane 'Shaolin' Campbell has trained with former UFC featherweight champion Jose Aldo at his renowned Nova Uniao gym in Brazil as well as at Kings MMA and Team Alpha Male in the U.S. and Montreal's Tristar Gym.

But the 29-year-old lightweight from St. Catharines, Ont., found a home at David Lea's Toshido MMA in Kelowna, B.C. — the gym that sent Rory MacDonald to the UFC.

"At the time I was living in Edmonton and I made the decision to not spend another winter there," said Campbell.

"And David Lea brought me down to spar (with) Matt Dwyer for I believe his first UFC fight," he added. "After seeing how David Lea coached and the connection we made, I chose to move here."

On Sunday, Campbell (12-3-0) steps into the cage for his third UFC fight when he takes on American James Krause (22-7-0) on a televised card in Pittsburgh. Donald Cerrone, moving up to welterweight, faces Alex Oliveira in the main event at Pittsburgh's Consol Energy Center. The card also features Kelowna bantamweight Sarah Moras, another Toshido MMA fighter, and welterweight Alex Garcia, a Dominican who fights out of Montreal.

For the six-foot Campbell, who cuts from around 185 pounds to fight at 155, it's a rare outing against a taller opponent. The 29-year-old Krause, a submission expert whose UFC record is 3-3-0, is six foot two.

Campbell's move to Kelowna came just before his World Series of Fighting victory over Derek Boyle in February 2015. Campbell won in spectacular fashion, hurting Boyle with a body kick and then pausing to throw a Hadouken at him — a move from the Street Fighter video game in which the character thrust his palms forward to send a surge of spirit energy flying towards his opponent.

Canada's John Makdessi, left, drops fellow Canuck **Shane 'Shaolin' Campbell** during their UFC 186. Campbell will be aiming to do better against James Krause. THE CANADIAN PRESS/GRAHAM HUGHES

The video of the fight, which Campbell won by third-round TKO, has been viewed more than one million times on YouTube.

"I use it to hurt them," Campbell said somewhat mysteriously about the video game move.

The former Muay Thai world champion graduated to the UFC next time, as an injury replacement on short notice against fellow Canadian John 'The Bull' Makdessi at UFC 186 in Montreal last April. Campbell was stopped with seven seconds left in the first round but not before punishing Makdessi's legs with a string of kicks.

> **"After seeing how David Lea coached and the connection we made, I chose to move here.**
> Shane Campbell on why he chose Kelowna gym

Campbell won next time out, via unanimous decision over former Jungle Fight champion Elias Silverio last August in Saskatoon. While this marks his first UFC fight outside of Canada, Campbell is no stranger to travelling the world. As a kickboxer, he competed in the U.S., China, Thailand, Hong Kong, the Netherlands and Belarus.

THE CANADIAN PRESS

IN BRIEF

Cavani strikes to earn PSG first-leg edge over Chelsea

Edinson Cavani came off the bench to score the winner as Paris Saint-Germain beat Chelsea 2-1 in a pulsating first leg in the last 16 of the Champions League on Tuesday.

Cavani slotted through the legs of goalkeeper Thibaut Courtois in the 78th minute. Zlatan Ibrahimovic put PSG ahead with a powerful free-kick in the 39th minute, only for Chelsea to level before halftime through John Obi Mikel. THE ASSOCIATED PRESS

Copa del Rey final moved because of Springsteen gig

It took Bruce Springsteen to end the controversy over Spain's Copa del Rey final.

The rock star announced he will be playing at the Santiago Bernabeu on May 21, ruling out Real Madrid's stadium for the Copa final between Barcelona and Sevilla. The club apparently wanted to avoid the risk of seeing its biggest rival celebrating a title on its ground. THE ASSOCIATED PRESS

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YESTERDAY'S ANSWERS ON PAGE 13

RECIPE Slow Cooker Beef Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Can you think of anything better than returning home to a bowl of slow-cooked deliciousness?

Ready in
Prep time: 10 minutes
Total time: 8 hours, 10 minutes
Makes 4 to 6 servings

Ingredients
- 1 lb ground beef
- 2 cloves garlic, minced
- 1 onion, diced
- 1 carrot, diced
- 1 celery stick, diced
- 1 can diced tomatoes (14 oz)
- 1 can chickpeas (14 oz)
- 1 can tomato paste (5.5 oz)
- 1 Tbsp chili powder
- 1 tsp dried oregano
- 1 tsp Worcestershire sauce
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 tsp dried mustard
- 1/4 tsp cinnamon
- Chopped green onion for garnish

Directions
1. Place ground beef in your slow cooker and break it up with a wooden spoon. Add the rest of the ingredients and give the whole thing a big stir to blend.
2. Cook on low for 8 hours. Serve with some chopped green onion for garnish.

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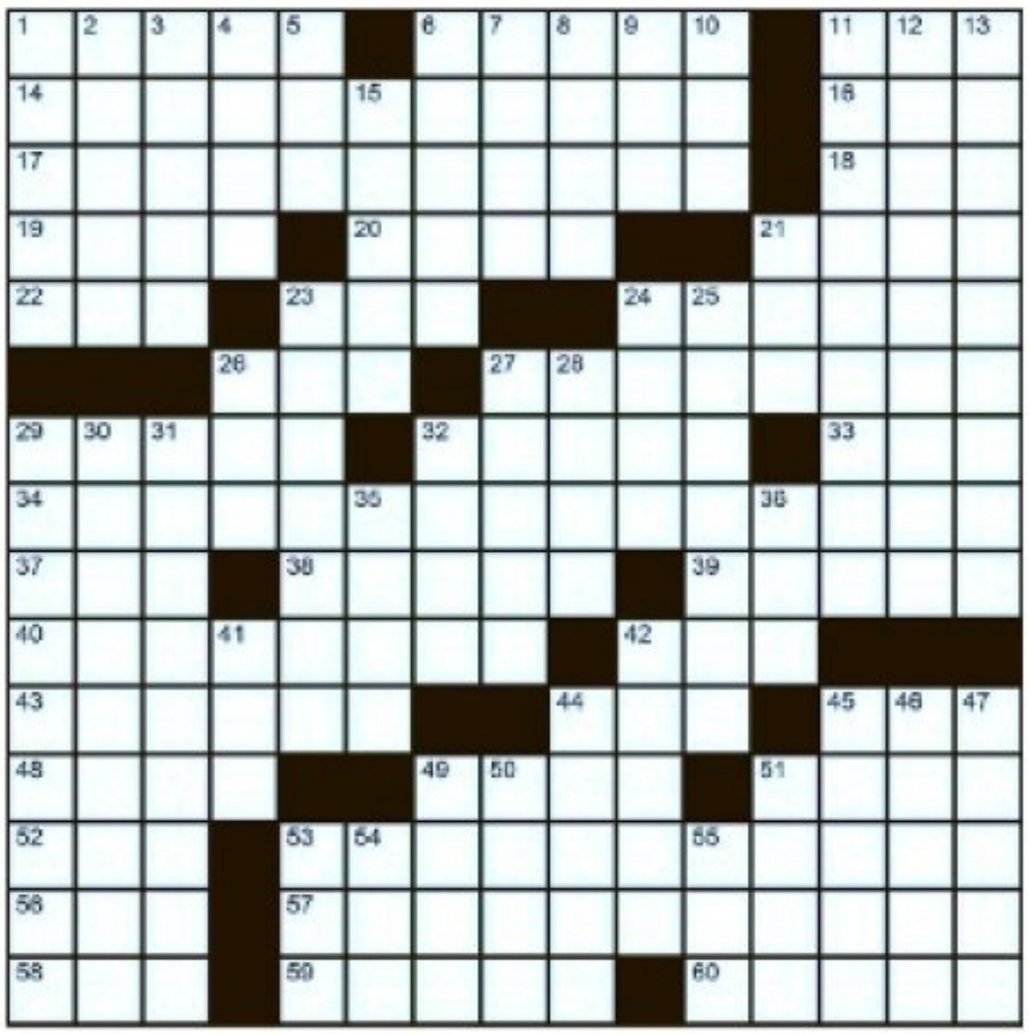
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Construe
6. Bloodhound's 'bait'
11. Mil. rank
14. Five star accommodation: 2 wds.
16. The Altar constellation
17. Sobeys private food brand
18. Name: French
19. "Misty" bit: "..._ _ helpless as a kitten up a tree..."
20. Hawaiian coffee
21. Free pass, fun-style
22. Canada's money [abbr.]
23. Vintage auto
24. Aphrodite's beau
26. Diced tomatoes = Tomates en _
27. Reprimand
29. _ salts
32. "Wide World of Sports" hosting legend Jim
33. Aunt, in Italy
34. Camelot, Sir Lancelot and a whole lot more: 2 wds.
37. View
38. Upbeat dance, _ Hop
39. Prod
40. They say it's just these Sgt. Joe Friday is interested in: 2 wds.
42. Heavy wts.
43. Emulate: 2 wds.
44. 17th letter spelling
45. Nova Scotia hrs.
48. South Dakota dam
49. Egg warmers
51. Texter's "The way I see it..."
52. Driver's 4x4, commonly
53. Ryan Gosling, when he co-starred with Britney, Christina and Justin
56. PBS funding org.
57. 1970s cowboy decorations
58. Stuck keyboard letter here
59. Locales
60. "There is no _ _ what we can do together." - Paul McCartney

DOWN
1. Charlton Heston/Sophia Loren movie: 2 wds.
2. Il _ (Cathedral in Florence, Italy)
3. Maya archaeological site in Mexican state Yucatan
4. Baking amounts
5. Schubert's The _-King
6. Li'l Abner creature
7. Filmmakers Joel or Ethan
8. Sicily volcano
9. Earnings
10. Motley Crue drummer ...his initials-sharers
11. Sainted
12. Favourable
13. Wild house party 'hat'
15. "Frightful!"
21. Debating side
23. Dan Aykroyd's character Beldar is from what planet?
24. Lawyer Ms. Clooney
25. Woman who has gained respect in her field
26. Play-_
27. Mil. schools
28. Lettered label
29. Headed for The Maritimes
30. Warmed the oven beforehand
31. British Columbia: Migratory rainbow trout
32. Certain candy
35. Pasta alternative
36. Mr. Van Sant
41. "Yuck!"
42. Elephant weapons
44. Body bendees
45. Rectify
46. Paper piece
47. Body
49. Eight: French
50. Anglo-Saxon toiler
51. Triumph's "Lay _ _ the Line"
53. Married title
54. "_, _ get it now!" (Aha!)
55. French season

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You have learned a lot in recent weeks and now you must start to apply it, even if it means the kind of upheavals you usually try to avoid.

Taurus April 21 - May 21
Look for compromise solutions, instead of making more enemies. The planets warn if you insist on getting your own way it will cause unnecessary ill feeling and more problems than it manages to solve.

Gemini May 22 - June 21
Some people talk for the sake of talking but you're not one of them, are you? Cut short meaningless gossip and focus only on what is of genuine importance. Don't worry if you hurt others' feelings.

Cancer June 22 - July 23
What happens next should ease your money troubles. Your luck is about to turn but make sure you are the one who gets the benefits.

Leo July 24 - Aug. 23
You'll learn something today that will help you make sense of what up until now has seemed largely irrational. For best results, be open to new possibilities and believe that there is meaning behind everything.

Virgo Aug. 24 - Sept. 23
Face up to aspects of your personality that you usually keep well hidden, even from yourself. Be honest with yourself about some of your more negative thoughts — then find ways to transform them into positives.

Libra Sept. 24 - Oct. 23
If you don't like the situation you find yourself in then change it. You are not now, nor have you ever been, a victim, so stop complaining that life is unfair and do something about it.

Scorpio Oct. 24 - Nov. 22
The choices you make over the next 48 hours will be crucial as far as your work is concerned, so think and then act. Decide what your number one priority is and focus on that.

Sagittarius Nov. 23 - Dec. 21
If you do nothing else today at least aim high, both at home and at work, because there is no limit to how much can be accomplished. A little bit of self-belief will go a long way. Think how far a lot might take you!

Capricorn Dec. 22 - Jan. 20
Get your cashflow situation in order. With Venus moving in your favour it shouldn't be hard. If you need help, don't be afraid to ask for it. You won't be refused.

Aquarius Jan. 21 - Feb. 19
A dispute will break out today but you have been through this before, so don't worry. The situation may be different but the emotions are the same. That's good: it means you won't make the same mistakes twice.

Pisces Feb. 20 - March 20
Let where you are going, rather than where you are coming from, be your guide. The choices you make will influence your life for months to come, so make them wisely.

CONCEPTIS SUDOKU by Dave Green

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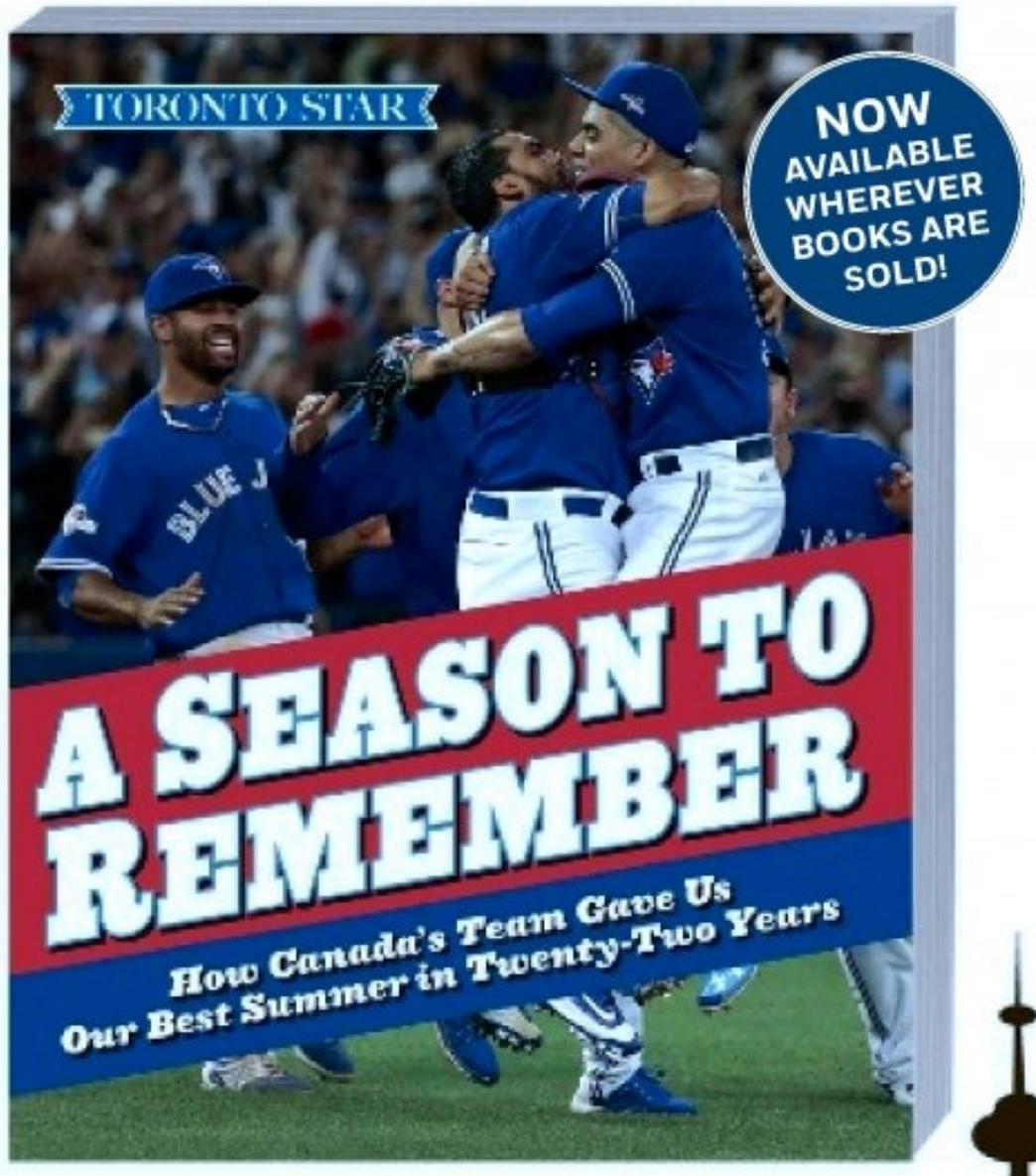
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